

The Montana Department of Public Health and Human Services (DPHHS) Medicaid Managed Care Bureau and the Chronic Disease Prevention and Health Promotion Bureau are collaborating to design, implement, and evaluate the Montana Medicaid Incentives to Prevent Chronic Disease program. From 2012 through 2016, this program will enroll over 700 adult Medicaid beneficiaries at high-risk for developing cardiovascular disease and type 2 diabetes into an adapted evidence-based lifestyle intervention based on the National Institutes of Health's Diabetes Prevention Program (DPP). The program will be offered at 14 established sites staffed with trained health care professionals who deliver the standardized National DPP curriculum. The goal of the program is for participants to achieve 7% weight loss over 4 months and maintain the weight loss for the next 6 months by attending education classes about nutrition and physical activity, self-monitoring and reducing fat and caloric intake, and self-monitoring and achieving ≥ 150 minutes of moderately vigorous physical activity per week. The program will assess if financial incentives promote these essential behaviors and achievement of the program goal.

Financial incentives provided to a Medicaid beneficiary participating in this program shall not affect the beneficiary's eligibility for benefits under the Special Supplemental Nutrition Program for Women, Infants, and Children WIC program or any program funded in whole or in part with federal funds. For more information about the program, please see www.mtprevention.org.